



ACTIVITIES & EVENTS CALENDAR

JULY 2022

Saginaw Concert Series - "The Backbeats Band" (50-60's)

← Yea! Our favorite band!

07.21.22 AT 7:00PM - 8:30PM

The City of Saginaw has partnered with The Arts Council of Northeast Tarrant County to provide a FREE concert on Thursday, July 21st in the Saginaw Recreation Center Gymnasium. The Back Beats Band is a favorite of the Senior Center so we will be **opening the senior center at 6:00PM** for you to gather early & socialize before going into the gymnasium. The concert is open to the public and is FREE (we will not be serving food), you are welcome to bring family members (including grandkids to this event). We are super thankful that our city is hosting The Backbeats Band during the summer when the sun stays out so late!

➔ IMPORTANT NOTICE REGARDING EXERCISE CLASSES WITH DONNA

Our fabulous exercise instructor Donna will be taking an extended (much needed & deserved) vacation to visit her family. Our exercise classes on Tuesdays/Wednesdays/Thursdays will be **canceled** for the following dates... **July 14th-August 15th**. We will not be cancelling Tai Chi. Tai Chi will continue on Fridays w/Jason.

CRAFTS FOR THE CRAFT FAIR 07.11.22 & 07.25.22

Starting on July 11th we will be making crafts to sell at the Craft Fair in October. We will make items from July – October. Then in November, we will bring back Crafts with Inez. We would love to have everyone help out. The more crafts we make, the more we have to sell and raise money for our center. It is a great way to give back and use the skills you have learned throughout the last year in Inez's fabulous classes.

TRAIN & GRAIN FESTIVAL

We will have a senior center booth at the Train & Grain on Oct 15th. It will be exclusively items from the Senior Center with 100% of proceeds to the senior center. If you make items and would like a booth, please contact the city to purchase a vendor spot at the Train & Grain. More info & applications are on the City website.

JEWELRY MAKING CLASS WITH DONNA H ON THURSDAY 07.07.22 & 07.21.22

We are very excited to bring back Jewelry Making with Donna H. It is our first time since 2019! The class is fun and you get to be creative too! Please note we will not be accepting any jewelry fixing requests as they tend to be too time consuming. If you would like to donate any old costume jewelry necklaces, we can un-string them and use them for other projects.

Wii Bowling Tournament



1st Place
Elsa

2nd Place
Mindy

3rd Place
Sandra

Monthly Coloring Contest



1st Place
Linda

2nd Place
Pam





3rd Place
Wanda



saginaw senior center

Come Enjoy Life with Us!

JULY 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat			
(special) THANKS to our sponsors	The City of Saginaw Olga- Oak Street Health Trevor - Walgreens	Jason - Aviator Home Health Megan - Bristol Park Eagle Mt Brittney- A Lending Hand	Vicki - Stampin' Up Sandi- ArtsNET Inez H - Crafts	LeeAnn- The Lodge of Saginaw Andrea - Family Benefit Store Donna H - Jewelry Making	Rae- Care-N-Care Ins	1 9:30AM Tai Chi class w/Jason 11AM 4th of July BBO 12PM Holiday Bingo!	2		
3	4 	5 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors 10AM PAINTING CLASS w/SANDI (9am Senior Bingo at Chick-fil-a)	6 10:30 Senior Movement 12PM B I N G O with Lorie- Bristol Park Eagle Mt 2PM- Wii BOWLING TOURNAMENT	7 ALL DAY GAMES 9AM Exercise Class 10AM Scrabble for Seniors 10AM CANASTA 10:30 Jewelry Making w/ Donna H	8 ALL DAY GAMES 9:30AM Tai Chi class w/Jason 10:30AM 42 DOMINOES	9 8AM-12PM Farmer's Market at Saginaw Switchyard 			
10	11 ALL DAY GAMES 9AM DOMINOES 11AM CRAFT FAIR CRAFTS 1PM Wii Bowling	12 ALL DAY GAMES 9AM Exercise Class w/Donna 10AM Scrabble for Seniors Let's Get Puzzled 10AM PAINTING CLASS w/SANDI	13 10:30 Senior Movement 12PM B I N G O with LeeAnn-The Lodge of Saginaw 2PM- Wii Bowling COLORING CONTEST VOTING	14 ALL DAY GAMES No exercise class today 10AM Scrabble for Seniors 10AM CANASTA 5:30PM- 8PM BACK BEATS BAND IN THE REC CTR GYM	15 ALL DAY GAMES 9:30AM Tai Chi class w/Jason 10:30AM 42 DOMINOES	16			
17	18 ALL DAY GAMES 9AM DOMINOES 11AM SEW WHAT WITH INEZ 1PM Wii Bowling	19 ALL DAY GAMES No exercise class today 10AM Scrabble for Seniors 10AM PAINTING CLASS w/SANDI	20 No exercise class today <i>Happy Birthday!</i> 12PM B I N G O with Trevor from Walgreens BIRTHDAY LUNCHEON AFTER BINGO Cupcakes from Oak Street Health	21 ALL DAY GAMES No exercise class today 9AM Scrabble for Seniors 10AM CANASTA 10:30 Jewelry Making w/ Donna H	22 ALL DAY GAMES 9:30AM Tai Chi class w/Jason 10:30AM 42 DOMINOES	23 8AM-12PM Farmer's Market at Saginaw Switchyard 			
24/31	25 ALL DAY GAMES 9AM DOMINOES 11AM CRAFT FAIR CRAFTS 1PM Wii Bowling	26 ALL DAY GAMES No exercise class today 10AM Scrabble for Seniors 10AM PAINTING CLASS w/SANDI	27 No exercise class today 12PM B I N G O with Andrea- Family Benefit Store 2PM- Wii Bowling	28 ALL DAY GAMES No exercise class today 9AM Scrabble for Seniors 10AM CANASTA 6PM CARD MAKING CLASS w/ VICKI B	29 ALL DAY GAMES 9:30AM Tai Chi class w/Jason 10:30AM 42 DOMINOES	30			
	Annie G 07.01 Wanda K 07.10 Janet F 07.18 Tere C 07.25	Julia G 07.01 Wanda O 07.10 Mike R 07.20 Ana T 07.26	Judy B 07.03 Edwina R 07.12 Joyce D 07.22 Danny H 07.27	Julia B 07.04 Martha 07.12 Mary A 07.22 Betsy B 07.28	Beth W 07.04 Pamela P 07.13 Ron S 07.22 Felix S 07.30	Gary P 07.04 Debra C 07.14 Richard C 07.24 Linda S 07.30	Jacklin J 07.08 Carmen S 07.16 Sherri S 07.24 Maureen G 07.31	Joan D 07.09 Melinda D 07.17 Tom B 07.24	Albert B 07.09 Linda C 07.17 Dick C 07.24



PAINTING WITH SANDI EVERY TUESDAY AT 10AM We are super excited to announce a new weekly class at the senior center... Painting with Sandi from ArtsNET. Sandi is a very skilled and talented painting teacher that has been teaching for many years. If you have always wanted to learn how to paint, please don't miss out on this amazing opportunity and join us every Tuesdays@10am.

CARD MAKING CLASS WITH VICKI BELL 07.28.22 AT 6PM

On Thursday, July 28th at 6pm our talented and kind teacher, Vicki Bell from Stampin' Up will be back for our fun card making class. Vickie brings all of the supplies needed and the class is FREE for our members, so mark your calendars to attend!

SEW WHAT 07.11.22 & 07.25.22 AT 11AM

Join us for a fun sewing class twice a month with Inez. We will make items to donate to different organizations. You do not need to know how to sew to be able to help us with our projects.

BINGO

Join us for Bingo every Wednesday at noon. If you would like to bring a sack lunch, we can put it in our fridge for you to enjoy following Bingo. We have a Birthday Bingo once a month and we will provide lunch following this Bingo. Bingo is free to attend, thanks to our fabulous sponsors & the City of Saginaw.

FREE FITNESS PROGRAMS — SEE CALENDAR FOR CANCELED CLASSES IN JULY

TUESDAYS @ 9AM- SENIOR EXERCISE WITH DONNA

A senior exercise class with Donna, a Silver Sneakers certified instructor. All activity levels are welcome to attend. We use weights, balls & bands to achieve a full body workout.

WEDNESDAYS @ 10:30AM— SENIOR MOVEMENT WITH DONNA

Donna (our instructor) has taken classes recently for a new Silver Sneakers Exercise program called Senior Movement. It will be the same great instructor as Tues/Thursdays programs but slightly more vigorous.

THURSDAYS @ 9AM- SENIOR EXERCISE WITH DONNA

A senior exercise class with Donna, a Silver Sneakers certified instructor. All activity levels are welcome to attend. We use weights, balls & bands to achieve a full body workout.

FRIDAYS @ 9:30AM- TAI CHI WITH JASON

Tai Chi is taught by Jason, a Board Certified Instructor of Tai Chi for the Health Institute (sponsored by Aviator Home Health). Tai Chi will be free to attend. Tai Chi is low impact and is great for arthritis, fall prevention & relaxing for the mind.

JULY COLORING CONTEST 07.13.22

At the beginning of the month you can pick up the selected coloring sheet for the month. Turn it in by July 13th to enter the contest. You can color with gel pens, colored pencils, or any method you prefer for your masterpiece. You do NOT need to be an artist to participate or to enjoy coloring. Coloring is a great way to relax your mind and stimulate your imagination (plus you could win a prize). Take it home or work on it here.



NEW MEMBER INFORMATION

The Senior Center is funded by the City of Saginaw. Our doors are open to all residents and non-residents 55+. There is no charge to attend the Senior Center, but we do ask you fill out a membership form on your first visit with your contact and emergency information. Please do not hesitate to reach out to us with any questions or concerns. We look forward to meeting you!

Director: Kristi Sinclair Asst Directors: Shyanne Tibbs & Evelyn Gahagan

Open Hours : Monday– Friday 9:00 AM– 4:00 PM

Contact Us

**Saginaw Senior Center
(at the Recreation Ctr.)**

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Saginaw, TX 76179

Call: (817) 230-0459

Ksinclair@saginawtx.org

Visit us on Facebook

[www.facebook.com/
SaginawSeniorCenter](http://www.facebook.com/SaginawSeniorCenter)